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Focus

Volume 13 Number 1

An ICO Student Publication

The Life of Brian by Brian Heintz

Welcome to your first issue of the Focus. The Focus is your student newspaper which began back in the early 1970's as an underground paper. The students would use a mimeograph and run off articles and cartoons that crtiticized the administration, faculty and even fellow students. Today's paper is less rebelious and you are welcome to contribute to it in the form of articles, editorials, cartoons etc.

One of the first things I was told when I came to ICO for my interview was, "Don't worry about the cost. You can always get loans and the education is worth the cost." I agree that I am receiving a quality education and sometimes I get my loans on time, but my concern is how fast the rate of tuition and other expenses are increasing! I decided to check and see if ICO costs are increasing at the same rate as another part of society.

Professional baseball is considered a high priced sport with rising salaries and ticket prices. The Chicago White Sox won the American League Western Division Title for the first time in ten years. Tickets were priced at \$20 for box seats and \$15 for reserved seats during the 1983 playoffs. The tickets cost \$40 and \$30 for the 1993 playoffs. It is tuition was \$7290 in 1983 and is currently \$1,730. By doing a little math you can see that baseball ticket prices have increased 100% over ten years while ICO tuition has increased 145% over ten years. What's up with that????

On the other hand, Northwestern Dental School had a tuition increase of approximately 140% over the ten year period of 1980 to 1990. So ICO could be considered "within the ballpark."

It is good to know that the future of refraction is safe in the hands of the second years. In pre-clinic lab the other day, a student was heard to say, "Dr. Vieth I can get a good reflex on my retinoscopy." Upon deser inspection Dr. Vieth informed the

student it would be best to use his retinoscope and not his ophthalmoscope.

It is amazing to me how many people can go through life and not notice their vision. Kurt Schulz was fortunate enough to have a patient who was a 22 diopter **uncorrected** myope. This patient was in her 20's and didn't realize that she didn't have normal vision. To try her visual world put 22 diopters of plus in your trial trade and wear it. I just hope she didn't drive to her exam.

hope she didn't drive to her exam.

One thing I learned the other day was **not** to say "log jam," around Dr. Jurkus. It can lead to a lot of confusion. I was walking back from the mail boxes towards the classrooms with Theo and Doug Baltrip. Being a polite and considerate person I opened the door for my fellow classmates to find Dr. Jan Jurkus standing on the other side. Everyone looked at each other to see who would move out of the way the others could pass by. At that point I said, "Log jam." This was meant to infer the doorway was crowded. Dr. Jurkus passed by and made an unhappy sound. Theo Vroustouris and Doug stared at me in disbelief as we proceeded to the classroom. They asked me what I said and I told them log jam. They both thought I said, "Hi Jan." I couldn't believe that two phrases could sound so much alike. Why couldn't we have encountered Dr. David Lee in the doorway? At least there wouldn't be the confusion. Instead Dr. Jan Jurkus is going around thinking I am disrespectful. I went to talk to her the next day and found out that she didn't even hear me. At least she had a good laugh.

A mother brought her son into the clinic for an exam. The boy was supposed to be wearing glasses. The clinician asked the mother where the glasses were and the lady said she had the boy stop wearing them because the prescription ran out a month ago. She thought they expired after 12 months.

The Vitreous Humor

From our home office in Canaryville, here are the:

TOP TEN QUESTIONS ASKED AT ICO

- 10. Do you have a boy/girlfriend?
 - 9. Are you going out tonight?
- 8. Are you going to the blind spot?
- 7. Do I really need to buy this?
- 6. Why do we have to know this?
 - 5. What Module are you in?
 - 4. Are the quizzes back yet?
- 3. Did I miss anything in class today?
- 2. Did you see the new first years?
- 1. Do you have any old tests?

CARTOONS



For Single Men Only

Have you ever wondered who you will marry? What her name is? Just follow these instructions carefully, and I guarantee this will tell you the name of your wife! (Married guys can do this to confirm that they married the right women.) Ensure all letters are moved down to the next line unless told to delete them!

- 1. Write down the first two letters of your first name and your entire last name.
- 2. Put the last letter of your first name after your last name.
- 3. Put an L between your last name and the last letter of your first name.
- 4.Replace the first letter of your first name with an S (if it is an S, leave it as is).
- 5. Remove the 5th letter and put it before the first
- Change the 3rd letter to an R (if it is an R, leave
- 7. Switch the 2nd and 3rd letter
- 8. Switch the first and next to the last letters.
- 9. Delete the last letter_____
- 10. Move the last letter to between the 5th and 6th letters
- 11. Change the first letter to an M_

R.I.P.

It is common knowledge that when a good bug passes away, the other bugs lay him to rest in the kitchen light bulb fixture

Let's Not Forget Where We Came From

by Valerie Kattouf

Optometry is a unique profession which undergoes continual change because it encompasses so many aspects of primary care. The growth of our profession into the medical areas of health care is only to be applauded and will contribute to an unbelievable expansion of the scope of optometric care. Unfortunately, with the growing emphasis on medical treatment and ocular pathology, many students are forgetting the roots of optometric existence. The knowledge of the optometric trade, vision therapy, orthoptics, low vision, contact lenses, and the art of refraction are what will distinguish us from the medical professions with which our skills overlap.

Low vision is an area which no other profession handles, yet only 3% of optometrists provide this service to their patients. Extended lifetimes are becoming more and more prevalent, thus the need for low vision services will only increase. The benefits which prevail are financial as well as personal, helping those with vision handicaps to maintain their day

to day activities can be quite satisfying.

Today's established O.D.'s seem to agree on their assessments of the new graduates being hired - the outcoming students are "whizzes at pathology", but it seems as if their education did not place proper emphasis in such areas as contact lenses and the practical opthalmic optics knowledge of frame adjustments, lenses, and refractions. Granted, times have changed and this is not to say that the modes optometrist should be the sole adjuster and frame stylist, but he/she must delegate these duties to employees with a confidence and expertise that does not allow the patient nor the employee cloubt the quality of care. Also, the income fresh diagnostic procedures may be significant but the nucleus of optometric income will lie with proper refractive care and the frame and lens purchases of the patient.

Finally, optometry has aways had the reputation of a profession which relates well to the consumers. As a group, we pride ourselves in treating our patients with a kind and gentle demeanor, while trying to understand their life-style requirements as well as medical concerns. Let us not let the newly expanded scope of our profession rank us with many medical counterparts who lack empathy toward the patient, one of our greatest practice building skills. Obviously, interpersonal skills are not to be taught at our academic institutions, but overall attitudes toward patient care can be established by our educators and

carried on by new graduates.

All in all we are the lucky few who belong to a profession which enables us to change with the times, thus keeping our daily optometric decisions challenging. Let us not allow the foundations of our profession - low vision, developmental vision, orthoptics, refractive skills, contact lenses, and optical standards - be swept under the rug in the light of the newly acquired privileges of diagnosis and treat-

As one of my instructors once said, "We are a profession which deals with vision, the others deal with seeing." Visual function in its entirety is an optometric strong point and thus we must utilize all of the knowledge of the visual system which we have acquired.

Garth Brooks Performs at ICO by Shawna Jacobsen

and Troy Raber

Mark your calenders now! Garth Brooks will be making his second appearance at ICO on January 31st Theountry music is not your thing, maybe the Village People or Sonny & Cher will make a stop on their limited comeback tours.

Before you decided on a career in optometry you probably flirted with the idea of becoming a rock star. You have a chance for one night to fulfill your fantasy and show ICO that you can rock with the

best of them.

OPTOROCK, ICO's very own air band/lip sync contest, will be held on Monday, January 31, 1994. OPTOROCK is an event when ICO faculty and students get on stage and perform their favorite song, while dressed in costume, before an audience of col-

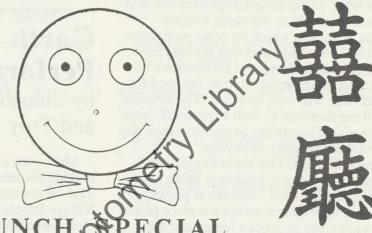
Start organizing your band and costumes as the registration deadline is Wednesday, January 19, 1994. Any type of music from rap to rock to reggae is fair game. Look for registration information in the next few weeks. Remember to keep your feet on the

ground and keep reaching for the stars!

HAPPINESS

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Fri. & Sat.:

11:00 A.M. to 11:00 P.M.

Sunday:

Noon to 10:00 P.M.

Monday Closed

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Beat the ICO Oddsmaker!

Okay ICO sportsfans and gamblers. Here is your chance to show you "can beat the spread" and pick the college bowl games. Let's find out who the next Jimmy "the Greek" is. Pick the following 19 bowl games vs. the spread and win a \$20 gift certificate to Connie's Pizza. This is how a point spread works. In the Orange Bowl, Florida State is favored by 17.5 points over Nebraska. If you think FSU is going to win by 18 points, then you pick FSU -17.5. If you feel that Nebraska won't lose by more than 17 points (we know they don't have a snow ball's chance in hell to win) then you pick Nebraska +17.5. Circle the team you feel is going to win by taking into account the point spread and return it to Brian Heintz Box 357 by Friday, December 17th. The tiebreaker is to pick the total number of points scored in the Orange Bowl. One entry per person.

Name: Box #:

Tiebreaker: Total points in Orange Bowl

Dec. 17th Las Vegas Bowl Utah St -3.5 Ball St.

Dec. 24 John Hancock Bowl Oklahoma -5.5 Texas Tech

Dec. 25 Aloha Bowl Colorado -7.5 Fresno St.

Dec. 28 Liberty Bowl collegeof Louisville -3.5 Michigan St.

Dec. 29 Copper Bowl Kansas St -3.5 Wyoming

Dec. 30 Holiday Bowl Ohio St -14.5 BYU

Dec. 30 Freedom Bowl USC -17.5 Utah

Dec. 31 Independence Powl Indiana Virginia Tech

Dec. 31 Peach Bowl Clemson 35 Kentucky

Gator Bowl Carolina -3.5 Alabama Dec. 31 Alamo Bowl California -10.5 Towa

Jan. 1 Hall of Fame Bowl 13.5 N.C. State Michigan

Jan. 1 Cotton Bowl Note Dame - 5.5 Texas A&M

an. 1 Florida Citrus Bowl Tennessee -9.5 Penn St.

Jan. 1 Sunshine Football Classic Boston College -6.5 Virginia

Jan. 1 Fiesta Bowl Miami -5.5 Arizona

Jan. 1 Rose Bowl UCLA -7.5 Wisconsin

Jan. 1 Orange Bowl Florida State -17.5 Nebraska

Jan. 1 Sugar Bowl Florida -6.5 West Virginia

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APPETIZERS

Happiness Egg Rolls (2)	2.00
Fried Won Ton	
Fried Shrimp	4.50
Bar-B-Q Ribs	
Har-B-Q Pork	3.50
Combination Tray (For 2)	6.95
(For 3)	
(For 4)	13.00

Includes: Egg Roll, Fried Shrimp, R.B.Q Pork, Fried Wonton and R.R.Q. Ribs.

SOUP

5001	
Combination Meat Soup	3.50
Sweet Corn Chicken Puree Thick Soup.	3.00
Tomato and Beef Thick Soup	3.00
Hot and Sour Soup	3.00
Egg Drop Soup	2.50
Won Ton SoupSmall 2.75 Large	4.25
Vegetable Soup	2.50
Seaweed Soup	
Chicken Rice Soup	2.50
Chicken Noodle Soup	2.50

EGG FOO YOUNG Small	Large
Bar-B-Q Pork2.75	4.00
Ham2.75	4.00
Shrimp 3.25	5.00
Chicken 2.70	4.00
Beef 3.25	4.75
Pork Mushrooms 3.25	4.75
Vegetables 2.75	4.50
and the second s	

FRIED RICE	
Bar-B-Que Pork 2.75	4.50
Ham 2.75	4.50
Shrimp3.25	5.50
Chicken 2.75	4.50
Beef 2.75	4.50

TAKE-OUT MENU SPECIAL SUGGESTIONS

(Seafood and Steak the Best)	
Scallops with Straw Mushrooms 7.95	
Lobster with Green Onion & Ginger 12.95	
Happiness Kow 6.95	
Paking Pork 6.50	
Lobster Meat with Vegetables 12.95	
Steak with Black Pepper with Onion 6.50	
Steak Cantonese 6.50	
Steak with Straw Mushrooms 10.50	
Lobster Meat Cantonese12.95	
Broccoli Shrimp with Scallops 7.95	
Happiness Lo Mein 6.50	
Happiness Bar-B-Q Steak10.50	
Lobster and Steak Combo12.95	
Broccoli Steak with Onion10.50	
Seafood Combination12.95	
Hong Kong Steak T-Bone Small Large 13.95	
Tender Steak with Straw Mushrooms10.50	
Tender Steak with Broccoli10.50	

Breast Chicken with Broccoli5.95

CHICKEN

Breast Chicken with Chinese Vegetables 5.95
Breast Chicken in Black Bean Garlic Sauce 5.95
Breast Chicken Green Pepper &
Garlic Sauce 5.95
Breast Chicken with Curry and Onion 5.95
Breast of Chicken with Straw Mushroom 5.95
Breast of Chicken with Pea Pods 5.95
Chicken Hong Sue 5.95
Breast of Chicken with Almond 5.95
Breast of Chicken with Satay Sauce 5.95
Breast of Chicken with Green Onion &
Ginger 5.95
Breast of Chicken with Green Onion &
Garlic Sauce 5.95
Breast of Chicken Green Pepper Chow
Fun 6.50
Breast of Chicken Vegetables Chow Fun 6.50

BEEF CONTRACTOR	
Sliced Beef with Broccoli6	.50
Sliced Beef with Ginger & Green Onion 6	.50
Sliced Beef with Saty Sauce 6	.50
Sliced Beef with Pea Pods 6	.50
Sliced Beef with Oyster Sauce6	.50
Sliced Beef with Green Pepper or Tomato 6	.50
Sliced Beef with Green Onion &	
Garlic Sauce 6	.50
Sliced Beef with Chinese Vegetable 6	.50
Sliced Beef with Curry Sauce 6	.50
Sliced Beef with Baby Corn 6	.50
Sliced Beef with Straw Mushroom 6	.50
Sliced Beef with Almond6	
Sliced Beef on Rice4	.50
Sliced Beet Show Fun (Dry)	.00
Sliced Beef with Vegetables Chow Fun 7	.00

SWEET & SOUR SPEICALS

Happiness Special 5.50

CHOP SUEY or CHOW MEIN (With Rice) (With Fried Noodles) or CANTONESE NOODLES

(With Pan Fried Noodles)

Small Large Vegetable (Meatless) 2.75 4.50 Pork Extra Fine 3.00 5.50 Pork Subgum Cashew Nut 3.00 Beef 3.50 7.50 Shrimp Subgum Cashew Nuts 3.75

MISCELLANEOUS

7.50

Cantonese Fried Noodles	1.25
Steamed Rice	1.00
Steamed Rice 1/2	.50
rned bloodlet	50
Almond Cookies	.50
or or time Cookies	50
Soft Drinks	.65

CANTONESE DISHES

PORK

Bar-B-Q Pork with Chow Fun 6.50

SHRIMP

	Shripp with Green Pepper or Tomato	7.50
	Shrimp with Vegetables	7.50
	Shripp Black Bean with Garlic Sauce	7.50
•	Shrimp with Lobster Sauce	7.50
	Hong Sue Shrimp	7.50
	Shrimp with Pea Pods	7.50
	Curry Shrimp with Onion	7.50
	Shrimp with Straw Mushroom	7.50
	Shrimp with Almond	7.50
	Pan Fried Prawn in Shell (Hot)	7.95
	Steamed Fresh Shrimp with Chef's Sauce	7.95
	Saute Crystal of Shrimp	7.95
	Broccoli Shrimp with Onion	7.95
	Shrimp Chow Fun	

HOT AND SPICY

Spare Ribs with Black Bean Garlic Hot Sauce Chow Fun 7.00 Lung Fung Kow in Hot Sauce 7.50 Szechwan Diced Chicken in Hot Sauce . 5.95 Szechwan Sliced Beef in Hot Sauce 6.50 Szechwan Scallops in Hot Sauce 7.95 Szechwan Shrimps in Hot Sauce 7.50 Happiness Beef in Hot Sauce 6.50

FAMILY DINNERS

Dinner for per person \$10.50 APPETIZERS: Happiness Egg Rolls, B-B-Q
Pork and Crispy Fried Won Ton. SOUP: Chicken Egg Drop Soup

DESSERTS: Almond Cookies, Portuge Cookies

DINNER FOR TWO

Hong Kong Steak Sweet & Sour Pork with Pineapple Pork Fried Rice

DINNER FOR THREE Breast of Chicken with Green Pepper

and Garlie Sance Plus the Dishes on Dinner For Two

DINNER FOR FOUR

Shrimp with Lobster Sauce Plus the Dishes on Dinner For Three

EXTRA ADDITIONAL

Mushrooms	1.25
Water Chestnuts	1.25
Pea Pods	1.25
Pork	1.75
Beef	2.00
Chicken	
Shrimp	
Side Order Pea Pods	3.50

TAKE-OUT MENU

"Food For Thought... by Amy Hartmann

Do you desire to give your palate a vacation from Don Poncho's, Luigi's, or the ICO cafeteria? Have no fear because here are some great suggestions. Adventure out and try some of ICO students, faculty, and staff's favorite Chicago land dining experiences. These are great places if the parents are in town (their treat, of course) or perhaps you need to do some major carbo-loading for those brutal Monday mornings (plenty of pasta places).

Ann Marie: Leona's

Troy: Maria Francesca's- located on Clark St. Good Italian food, does tend to get crowded. Canzady Jarratt (business office): Ron of Japanunique experience, they cook at your table and you sit with other people. The Home Run Inn is for great pizza and spectacular cocktails.

Jamison: Chicago Chop Shop-downtown, good

atmosphere, great steak!

Brian(who wants to remain anonymous): Harry

Caray's-if you have a fat wallet!

Tim: His kitchen! Specialty, "a mean spaghetti"! If not, Scoozi!.

Michelle: Stefini's- Italian, on Halsted. Thick

sauces & pastel pastas!

Deb: Tucci Bennuci's- top floor of Bloomingdales. Italian, "cozy atmosphere" (garden). If you

like Mexican food, try Hat Dance.

Angela(alumni office): Cafe Ba-Ba-Reeba!-Gree Sangrias, known for their tapas, and fun atmosphere. Also try Kerouac Jack's: Retro-50's atmosphere, excellent food, and a great bak! What more do you want? (I know I have slaughtered this name, if you need to know more, ask Angela!)

Marnee: La Locanda-\$\$\$\$\$. Italian specializing in Risotto, located on LaSalle. Walker Bros.- Best coffee, apple pancakes, & hashbrowns (with melted cheese and onions). Located in Wilmet

on Green Bay Rd.

Gina: Bossa Nova: International tapas, located on Clyborne. Or try Low Maznadi's for butter crust pizza.

Betsy: La Crepenie-garden cafe'- better when the weather is warn. Clark's on Lincoln-skillet eggs

veimen Marcus). Als town-good szechwan! are recommended!
Cheryl: Avanzarz: \$\$\$\$ Northern Italian food(near Neimen Marcus). Also try Mandar Inn in ChinaDr. Robison: He provided several of his favorites. A dive down south, on 53rd & Sacramento, the best burritos. Doesn't know the name, referred by many as The Bullet Hole! Mandalay Burmese, Ti' Amo(Italian), Angelina's, & Bangkok(favorite Thai place-great Thai escargot) are some great places to try! (quite the dining-out-food-critic-kind-of-aguy!)

Thanks for all of your suggestions. If you did not get a chance to give your favorite place, we'll

try it again in the next issue.

NOW IS THE TIME TO MAKE YOUR EASTER AND SPRING **BREAK RESERVATIONS**

CALL PHIL CALOZZO AT BRIDGEPORT TRAVEL

ATTENTION ICO STUDENTS AND FACULTY: ANYONE INTERESTED IN A RED CROSS KEY CHAIN CONTAINING A MOUTHGUARD FOR CPR, PLEASE FILL OUT FORM. I NEED TO GET AN ESTIMATE ON HOW MANY TO OB-TAIN FROM RED CROSS. THEY WILL BE \$10.00.

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QUANTITY:



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THURSDAY NIGHT: LADIES NIGHT

TAP BEER ALWAYS
A BUCK

The Hunt for the National Title

by Brian Heintz

"We're #1!" We're #1!" This phrase has been shouted by many college football fans this season and the truth of the matter is, many of them are correct.

Who is #1? This debate will go on as long as the title is decided by the polls and not a playoff frem. But for now, let's look at this year.

Nebraska is the top-ranked team by both the API and the CNN/USA Today Polls. The Cornhuskers are 11-0 and have beaten Oklahoma, John Hancock Bowl), Colorado (Aloha Bowl), Iowa State (toliet bowl), Kansas State (Copper Gowl) and UCLA (Rose Bowl). Florida State had a much tougher non-conference schedule in Notre Dame, Miami and Florida. The only problem is they lost to Notre Dame. West Virgina is undefeated and should be playing Nebraska in the Orange Bowl. The only hope we Irish fans have is for FSU to win, West Viginia to lose to Florida and Notre Dame to crush Texas A&M and then it will be a Happy New Year!



OPEN TUESDAY
THRU SATURDAY

ICO Christmas Wish List

by Tedd Louie

Kent Haefs: The Univ. of Wisconsin winning the

Camille Chung: To have tuition paid for.

Craig Watson: To be happy for life. (Good Luck) Brian Heintz: "Enough money to pay off my

loans in one lump sum."

Dr. Nelson: "Nothing, I have everything I need." Laurie Collett: (Her quote is not publishable.) Pete Donko: "A tan." (Who thought Canadians could have tans?)

Ken Cosgrove: This school in Arizona. (ACO?) John Lieto: "An A in all my classes, clinic too." Adrianne Leppek: A sandy brown puppy with a diamond studded gold bracelet. (Hear that, Kurt?)

Mira Uzwyschen: Two tickets to see the Screaming Trees. (The Screaming Who?)

Lance Ough: John Denver's Greatest Hits guitar songbook.

Miriam Couve: A red Porsche 911 Turbo with a whale tail.

Steve Chander: "A large sum of money, Dude." Sheila Ryan: To pass Boards.

Ted Nishimura: "Peace." (Keep wishing, Ted)

Kurt "Sir Huge" Schultz: "To have this *?!*!?* paper done."

Amy Hartmann: "To get my degree and get the hell out of here"

Steve Samuelson: Tickets to Pasedena for the Rose Bowl.

Kara Vierkorn: A new blue Honda Civic.

Joyce Benavides: A trip to Australia to visit with her friend whom she had met in Europe in '85

Dr. Lee: "A Nagel Anomaloscope" (No really what do you want for Christmas?)

Dr. Trachimowicz: A Bulls Four-Peat (Sorry Dr. T., but the Seattle Supersonics are soing to take it this year.)

Jamie Joyce: A vacation away from here, maybe

Lisa Satchell: "My family's good health." Dr. Rudaitis: A happy, healthy baby before tax

Florianne Franada: A good job offer after

graduation. Robert Tamayo "A big party, dude." (Roberts

birthday is Dec. 17 - is this a hint?)

Jeff Ling: A big new house.

Dr. Jurkus: A pair of new musical socks.

(Some what?) Gina Chatto: A's

Cheryl Downing: An unnamed 1st year guy. Curt Schmidt: A new Toyota Forerunner.

Anonymous 3rd Year Female: To be married. (Please don't ask me who)

Jon "Chew / Deek 4" Kaliher: "My HEAL Loan" (What's a Deek 4?)

Dr. Hodur: To win the Illinois Lottery. Brian Farquhar: A million dollars.

Valerie Kattouf: "A date with the guy who plays Superman, on the T.V. series."

Tom Mahaffey: A cool tropical drink on a warm sandy beach with bare chested natives (girls).

Liz Soule: \$20,000,000.00

Dave Sakihara: Two 50yd. line tickets to the Rose Bowl.

Cherie Oshiro: Her friends say, "A decent marriage proposal"

Jon Wegner: Packers win the Superbowl and the Badgers win the Rose Bowl.

Tim Landis: To be like Jon Wegner. (Doesn't everyone want to be like Jon?)

Ali Matini: Two million dollars and to finally sell his first Badal Optometer. (He'll be lucky to find a lump of coal in his stocking.)

J.J.: Wants to give Donko and Duke a "Brown

Sweater" (Must be an inside joke.) **Doug Baltrip:** A red F-40 Ferrari.

Troy Raber: New ski's (hopefully they don't get beat-up in the Outback)

Brian Hein To be able to eat chicken, for Tedd to be awake this New Year's Eve and to finally be donewith this edition of the Focus.

Me: (1) Meatloaf says he'll do anything for love, I Want to know what he won't do. (2) I hope I don't lose in 'drinking Jenga'. And finally, I wish that when we're in Colorado, Lance Ough doesn't try to make everyone watch 'Fern Gulley', again.

Focus Staff

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